

# LEAGUE 'PRELIMS' SLATED TUESDAY

## Camino Swim Crew Victors

Coach U. E. Saari's Warrior tank men copped another victory as they defeated a visiting Arizona team 54-21 in the El Segundo pool Thursday afternoon.

Duane Mellroy led the Camino swimmers by winning two first places. He captured the 220-yard free style and the 220-yard breast stroke. Bill Dornblazer, El Camino's National J.C. record holder, won the individual medley swim for the locals.

# DOW ENTERS NATIONAL PLAY

## Niteball Loop Games Slated For Local Park

Entry of a Torrance team in the National Niteball League was announced this week by officials of the city's recreation department and Dow Chemical Co., sponsors of the team.

Entered as the Torrance representative will be the Dow Diamonds, winner of the Torrance Herald Trophy last year, winner of the city championships, and winner of the Compton city championship.

The team, managed by Jack Malseed, will depend largely on the pitching of "Iron Arm" Rusty Brooks.

The Dow Diamonds will face a six-team league composed of such softball giants as the Long Beach Nighthawks, San Pedro's Star Kist Tuna team; the Santa Ana Wrens; Bellflower, and Whittier.

Managed by Joe Rogers, the Nighthawks were second in the national invitational championship playoffs last year at Greeley, Colo.

The Diamonds will open the league season here May 6 against the Santa Ana Wrens. Games will be played Tuesday and Friday nights. Admission to games at the Torrance Park will be free. All games start at 8:30 p.m.

The six-team league will play a six-round season ending Aug. 15th.

Dow will field about the same team they had to sweep the city championships last year. Malseed said yesterday.

Paul Spurlock, former member of the Seattle Rainiers club, has joined the Dow Diamonds and turned in a good performance in practice ses-



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Five

## Model Airplane Builders To Vie for Prizes Today

Ten engine-equipped model airplanes will vie for honors in the Torrance Model Club's finals slated to be held today on the

Torrance High School's field at 9 a. m., the Recreation Department states.

The Model Club, formally known as the Torrance Glow Bugs, will compete for merchandise certificates to be awarded winners by local merchants.

Frank Carpenter, director of recreation, states. All of the planes are powered with 1/2-A engines.

John Hansford, who is in charge of the local organization, has joined with the Recreation Department in inviting interested model builders to join the club, Carpenter said. The public is invited to attend today's meet-

ings this week.

Doubtful starter for the team is Catcher Jim Potat, who was injured Thursday evening while sliding into second base. He suffered a simple fracture of his ankle and is now in Torrance Memorial Hospital with

his ankle in a cast.

DIAMOND DUST: Columbia Recreation will have its own league again this year, officials report. General Petroleum and Lovelady Hardware have plans to field strong teams again this year, and have been seen hustling on the diamonds during twilight hours.

## Still Time to Start in Textile Painting Classes

Those who had no opportunity to start in the textile painting classes conducted at Vermont Supply, 809 Gardena boulevard, will be able to do so any time during the coming week.

A number of enthusiasts of this art started in a beginner's class yesterday, and any others interested should enroll for the Wednesday weekly classes at this time.

Information may be obtained by telephoning Menlo 4-1535 or calling at the Vermont Supply. Instruction is provided for a nominal fee.

Advertisement



SHOP TALK... These six gents are discussing the entrance of the Dow Chemical softball squad into National Niteball League competition for 1952. The Dow boys capped the Torrance Herald Trophy last year and went on to take second place in the national playoffs. Pictured are LeRoy

Kline, left, Dow plant manager; George Donoghue, purchasing agent; Alex Bero, industrial relations manager; Elmer "Red" Moon, city athletic director, department of Recreation; Jack Malseed, team manager; and H. O. Fox, administrative assistant of Dow.

## Boys' Run Fest Plans Look Good

Entries are coming in at a "fair" rate from each of Torrance's elementary schools for participants in the annual Optimist Club Boys' Track Meet slated to be run at the high school here next Saturday.

Coach Cliff Graybehl, head Torrance High athletics mentor, is in charge of the day's activities.

Events will include the 100-yard dash, 120-yard low hurdles, 180-yard dash, 660-yard run, shot put, broad jump and high jump. Each entrant is limited to participating in two events, it was stated.

Ribbons will be awarded the first five place winners in every event.

## Bee Squad Bright Spot for Torrance

A full field of Tartar track hopefuls is slated to meet the best that foe Bay League squads can muster in elimination meets Tuesday during the Conference semi-finals at El Camino college's cinderpath.

The Bay finals will be staged next Friday on the same oval - starting time for both days is set for 2 p. m.

Coach Vern Wolfe's varsity roster looks slightly skimpy, but the Bee and Cee entry lists are jammed with plenty of good prospects.

Hottest entry on the varsity roll call is in the mile race where the Tartars will try Joe Rojas and Bill Crawford. Good prospects for the hurdles, both lows and highs, are Emanuel Sibley and Bill Oehlert. This

## Warriors Drop First Skirmish To Lose Lead

Dropping their first Metropolitan Conference affair of the season, El Camino's Warriors were nudged 5-4 by Valley J.C. who now takes over the league's leading position with Bakersfield, by virtue of the victory, Friday, on the Camino diamond.

The Valley crew was too much for pitcher Sid Eby, who was charged with giving up 11 hits in the five-run fray. The victors chalked up only one error for the nine innings.

A final glimmer of hope for the Warriors fell to the dust in the closing moments of the ninth, when with a runner on base, Valley pitcher Mac McCurdy hurled out John Mitchell and Bill Jones. Next man up to face the hurler, Don Walker, slammed a grounder out third base way and Walker was out, 5 to 3, retiring the side.

Camino had been tied with Bakersfield for the number one Metro league spot by virtue of no defeats in the first round of play.

The Warriors were slated to face the Bakersfield nine yesterday afternoon for a double-header on the Bakersfield diamond. A double win here could bring them to a first-place deadlock with Valley, provided Valley dropped her tilt.

The Renegades climbed all over East L. A. Friday with an 11-2 win.

Score by innings: R.H.E. Valley.....020 030 000-5 11 1 El Camino 001 010 020-4 7 2 Swartzebaugh, McCurdy (8), and Todd, Eby and Rokas.

High Jump—Kelly, 100—Bavlis, Easton, Lafferty, 220—Bavlis, Kasten, Brow, 440—Kulp, Rabb, Busch, 880—Holmes, Herrera, Zamora, 70 High Hurdles—Roy, Darling, 120 Low Hurdles—Brow, Katsuda, Stange, Mallard, Shot Put—Phillips, Michels, Sousa, Broad Jump—Powers, Rabb, High Jump—Mann, Powers, Pole Vault—Roy, Smith, Hale, 660-Yard Relay—Smith, Powers, Bayliss, Brow.

CLASS BEE 100—Bryant, Burns, 180—Heater, 660—Guerra, Ruffel, Diesel, Hunt, 120 Low Hurdles—Burns, Shot Put—Forth, Desmond, Pole Vault—Forth, Desmond, Broad Jump—Bryant, High Jump—Heater, 440-Yard Relay—Bryant, Burns, Forth, Heater.

Beverly Hills Nips Tartars Win Hopes

Beverly Hills shut out the Tartar baseball crew's last hope of garnering a victory in the first round of Bay League competition Thursday when they slammed out a 4-1 win over the Torrance crew.

The game was played at the Beverly High field.

## Health Chats

By DR. RAYMOND A. LARSON

### A Study of the Vitamin Confusion

AMERICA has become vitamin conscious. A few years ago the public knew little and cared little about vitamins. Now almost everybody discusses the subject, sometimes glibly and oftentimes intelligently. In view of this rapid development, it is only natural that there should be some confusion of terms. The knowledge of vitamins in the scientific world is more definite than the language used to make vitamins known to the people.

Our purpose in this article is to clear away at least some of this fog of confusion, which is chiefly a matter of letters and words. We shall do this by asking and answering some questions which have arisen in the minds of people interested in vitamins.

1. Is carotene the same substance as vitamin A?

No. Strictly speaking, carotene is a provitamin, a substance that is converted into vitamin A by the activity of the liver. The word "carotene" was applied to provitamin A because this substance is found in large quantity in the carrot.

2. What is the difference between vitamin B and vitamin B complex?

When vitamin B was discovered it was thought to be a simple substance. Further investigation, however, showed that it was a complex substance containing many vitamins, which were named B1, B2, nicotinic acid, etc. The B complex has been found to contain more than a dozen different vitamins.

3. Why is vitamin B2 also called riboflavin?

This confusion of terms is due to the fact that British and American scientists gave this vitamin different names. The British preferring to call it vitamin B2 and the Americans preferring to call it riboflavin. It is also widely known by its chemical name, riboflavin.

4. What is niacin?

It is the new name for nicotinic acid, a part of the B complex. "Nicotinic acid" was an unfortunate term, since many people confused it with the nic-

tine of tobacco. Niacin is sometimes called vitamin P.P. because it is known to be the pigment-preventive vitamin.

5. Why is vitamin D called the sunshine vitamin?

This term is somewhat misleading, as vitamin D is derived also from other sources than from direct sunlight. Much of the commercial vitamin D is derived from fish-liver oils and is enclosed in capsules to be taken by mouth.

When the skin is exposed to sunlight the ultra-violet rays convert an oily substance in the skin into vitamin D, which is picked up by the blood and has the same effect as vitamin D absorbed by the blood from a capsule that dissolves in the stomach.

6. What is the difference between synthetic and natural vitamins?

Synthetic or artificial vitamins are manufactured from coal tar products, etc. Natural vitamins are obtained in plant and animal products used as food. The natural vitamins usually sold in the form of tablets or capsules are mainly concentrates of dehydrated vegetables and fruits. Manufacturers of synthetic vitamins claim that their products have the same effect on the body as do natural vitamins. Manufacturers of natural vitamin products, on the other hand, contend that synthetic vitamins, especially when taken in large doses, are somewhat toxic (poisonous) to the body. Scientists—not manufacturers or salesmen—will some day give us the final word on this matter.

From personal observation, it is my opinion that natural vitamins are much more active than the synthetic. Also, there is apparently no danger of overdosage from taking natural vitamins.

Remember, your doctor is a better judge of what your system needs than a TV commentator.

HEALTH CHATS sponsored by R. A. Larson, D.C., Ph.C., 1110 Sartori Ave., Torrance, Phone 2130.



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